DOUG AND MACKENZIE

oug and Mackenzie grew up together. Their fathers were both fishers who worked for a number of different ship owners. Sometimes they signed on with a ship that did well financially, and often they did not. But that didn't matter to the boys. From the time they were toddlers, the boys loved to hang around the docks when the fleet was in. As eight year olds, both gave almost identical answers when asked about their futures: "I'm going to be a great fisher."

When he was a teenager, Mackenzie became more aware of the ups and downs of his father's life. He decided that he wanted to not only own his own boat, but to own his own fleet. He talked to various owners and captains to learn as much as he could about the decisions and conditions that led to a good catch. When he started to work summers, he was able to crew for captains with successful fleets, because he'd spent time chatting with them for years. He also decided that he needed to learn more about the business end of things. So when he was 18, he passed up a good opportunity to work on a swordfish boat and went to a two-year business program instead. When he finished, he signed on with a good ship, worked hard, saved his money and by the time he was 24, he was able to buy a small boat. By the time he was 28, he had two more, and all three were doing well.

Like Mackenzie, Doug also continued to spend time around the fleet as a teenager. He loved to feel like one of the guys, smoking and drinking with the younger guys who worked with his dad. As a teenager, he also worked summers on ships, generally taking opportunities pointed out to him by his buddies. He was made the same offer Mackenzie was, as an 18 year old, and Doug jumped at it. He made very good money for the first year on the swordfish boat, and he felt bad for Mackenzie, who was always broke because he was in school. Doug wasn't invited to crew again for the swordfish boat — his reputation as a party animal got in the way. Still, he was generally able to find work, but his luck, like his dad's, was up and down. He had sort of drifted apart from Mac and wished he'd been able to achieve what Mackenzie had. He wished he'd had the good luck Mac had.

QUESTIONS AND ANSWERS ABOUT MODERATE DRINKING

How moderate is moderate enough?

These guidelines reflect the experience of many people who have reduced their alcohol use enough to prevent it from interfering with their ability to be healthy and responsible members of a family and a community, and to hold jobs and make and keep friends.

- Stick with the 3-4-12 Formula:
 - When you drink, allow yourself no more than 3 drinks per day.
 - Do not drink on more than 4 days a week.
 - Don't drink more than 12 drinks per week.
- Definition of volume of drinks
 - 1 ½ oz. of liquor
 - 5 oz. of wineone drink
 - 12 oz. of beer
- Monitor yourself carefully to make sure that your reduced level of drinking is not interfering with your health or your responsibilities at home or at work. Every one is different and you may need to make further adjustments to eliminate negative effects from drinking.

Who has moderate drinking worked best for in the past?

Research has shown that moderation is likely to be more successful with some people than others:

- People with low to moderate levels of dependence are much more likely to succeed with a goal of moderate use than people with substantial and severe levels of dependence.
- People who have a history of heavy drinking in all situations are far less likely to succeed with moderation than people who drank moderately in some environments (like at home) but excessively in others (like at parties or bars).



Questions and Answers about Moderate Drinking (continued)

What methods help people attain moderate drinking goals?

Aids to moderate drinking include:

- Using a form to monitor use every day, and documenting the situation or trigger for the drinking and the consequences of heavy drinking.
- Preparing in advance to avoid heavy drinking. Decide before you go somewhere if you're going to drink, and how much you will allow yourself if you are going to drink.
- Pacing yourself and using role models. Dilute your drinks and/or sip them slowly. Eat at the same time. Watch social drinkers who have no problems and try to mirror the way they drink.
- Developing activities that are incompatible with heavy drinking exercise, take courses, develop or get more involved in hobbies.
- Making new friends who don't having drinking as an important part of their lives, and who will support your new drinking pattern.
- Recognizing that changing your drinking pattern is a big job, and that it will take time, commitment and self-discipline to do that. Be prepared to give yourself rewards (that DON'T involve drinking) for continuing to work toward your goals.

MY SUBSTANCE USE LOG

Date	Time	Trigger/ Situation	Amount Consumed	Action/ Behavior	Consequences/ Results/Effects

BENEFIT AND RISK ASSESSMENT FOR POSSIBLE PROGRAM GOALS

What benefits do I think are associated with each option for me personally, and what risks do I face for each?

No Change		Abstinence		Reduction	
Benefits	Risks	Benefits	Risks	Benefits	Risks

IDENTIFYING YOUR PERSONAL PROGRAM GOALS

Instructions

What are your personal goals for this program? Check off each of the potential goals in the chart below that are important to you, and then assign numbers to them, so you show what your top three goals are. If you have other goals that aren't shown here, add them in the final row of the chart.

Applies to me?	Goal	Goal Number
	To quit using alcohol	
	-	
	To quit using drugs	



Goal Number	Goal	Applies to me?
	To moderate my use of alcohol	
	To moderate my use of drugs	
	To moderate my use of drugs	
	To learn how to deal effectively with	
	negative feelings I experience	



Goal Number	Goal	Applies to me?
	To learn how to control my temper	
	To learn to stand up for myself without getting violent	
	To improve my relationship with members of my family	



Goal Number	Goal	Applies to me?
	To learn how to be more comfortable in social situations	
	To learn to work more effectively at the job I have, or become more effective at getting a job	
	To learn how to use my leisure time better	



Goal Number	Goal	Applies to me?
	To learn how to deal with my financial problems	
	To learn how to handle my legal problems better	
	To learn how to make myself feel good without using alcohol or drugs	



Goal Number	Goal	Applies to me?
	To improve my physical health and fitness	
	Other conditions to the conditions of	
	Other goals that I have:	

MAKING SURE YOUR GOALS ARE SMART

S = Self Determined

M = Measurable

A = Achievable

R = Revisitable

T = Tiered

DETAILS ON HOW TO BE SMART

= Self Determined goals are ones you set for yourself, not ones that are imposed on you by someone else.

Measurable goals allow you to know to what extent you are succeeding.
Measurable goals often include numbers and specify things like "How many? How often? How big?

= Achievable goals are practical and realistic for YOU.

Revisitable goals are ones you can and should go back and review. You should be able to change a goal when you revisit it.

= Tiered goals include two levels. The first tier is a broad long-term statement. The second tier is more measurable and specific.

COPING WITH RISKS

Instructions

- Working with your partner, assess the risks you identified earlier (in Worksheet 4-4) as being associated with the option you chose for your personal goals (either moderating your use or quitting altogether.)
- For each risk, try to identify ways of coping with it that will reduce or eliminate the risk. Write those in the form below.
- Look at the final section of the form, which lists situations many people find to be particularly difficult. If some of these are high risk for you, and weren't identified in the first section of this form, identify specific actions you might take in these situations that would help reduce the risk.

Risk	How to Reduce or Eliminate the Risk



Coping with Risks (continued)

Specific High Risk Situations	How to Reduce or Eliminate the Risk
Parties or gatherings at Bars or Hotels	
Feeling good — Something to celebrate	
Feeling down or stressed	